

Module 14: TRICARE Online Resources

Module Objectives

After this module, you should be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information



TRICARE Homepage

www.tricare.mil

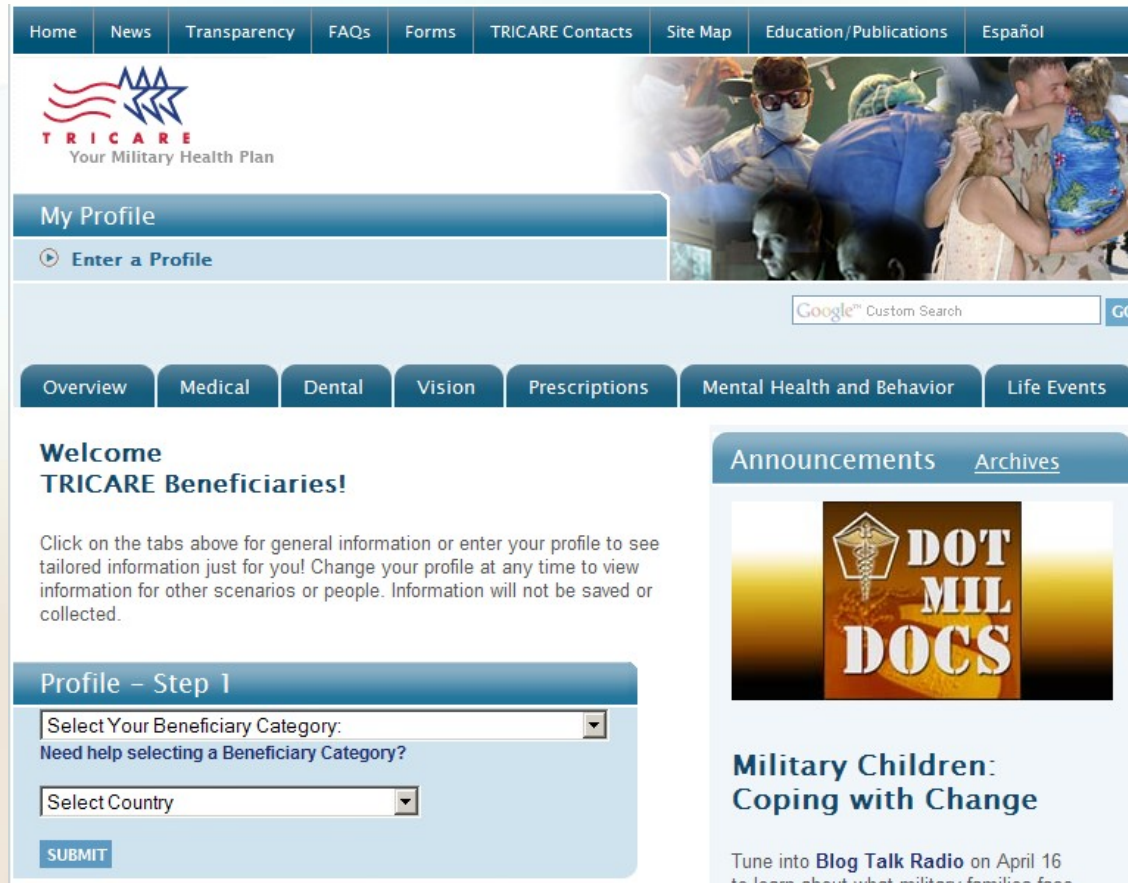
- TRICARE.mil is the official Web portal for TRICARE information
- It is comprised of nine content areas, including the two main portals:
 - TRICARE Benefit Information — Eligibility; medical, dental, vision, prescription plans
 - TRICARE Management Activity — Contains information for TRICARE Staff worldwide, TRICARE Providers, and TRICARE Contracting



My Benefit Portal

<https://www.tricare.mil/mybenefits>

- The My Benefit Portal offers overview and specific information on TRICARE



The screenshot shows the My Benefit Portal website. At the top is a navigation bar with links: Home, News, Transparency, FAQs, Forms, TRICARE Contacts, Site Map, Education/Publications, and Español. Below this is a banner featuring the TRICARE logo (a stylized star with red and blue waves) and the text "Your Military Health Plan". To the right of the logo is a photograph of a family. Below the banner is a "My Profile" section with a button labeled "Enter a Profile". To the right of this is a "Google Custom Search" box with a "GO" button. Below these are several tabs: Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. The "Overview" tab is selected. The main content area has a "Welcome TRICARE Beneficiaries!" heading. Below this is a paragraph: "Click on the tabs above for general information or enter your profile to see tailored information just for you! Change your profile at any time to view information for other scenarios or people. Information will not be saved or collected." Below this is a "Profile - Step 1" section. It contains two dropdown menus: "Select Your Beneficiary Category:" and "Select Country". Below the second dropdown is a "SUBMIT" button. To the right of the main content area is a sidebar with "Announcements" and "Archives" tabs. Under "Announcements" is a graphic for "DOT MIL DOCS" (Department of Defense Military Documents) and a link to "Military Children: Coping with Change". Below this link is a short paragraph: "Tune into Blog Talk Radio on April 16 to learn about what military families face".



TRICARE Web site in Spanish

www.tricare.mil/mybenefit/espanol

- This Web site offers a Spanish version of the beneficiary Web portal as part of its ongoing effort to educate TRICARE beneficiaries in both English and Spanish language



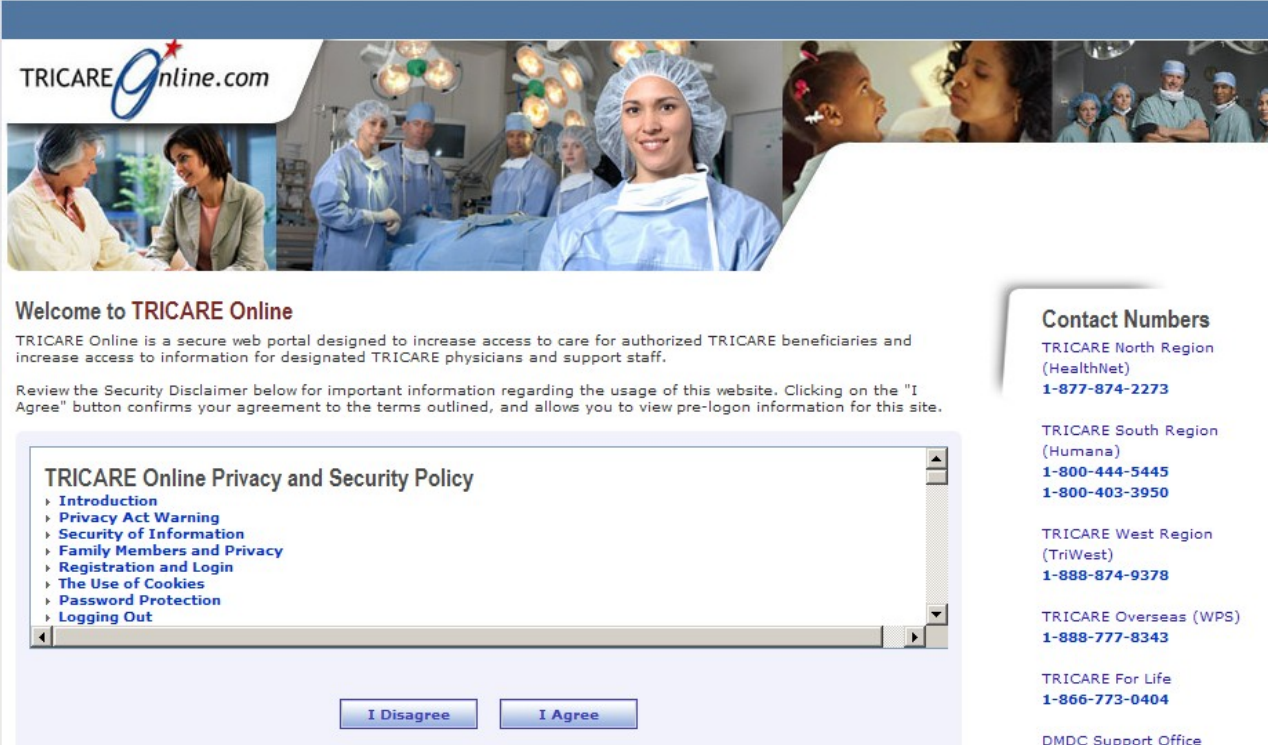
The screenshot shows the TRICARE Spanish website interface. At the top, there is a navigation bar with links: Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below this is the TRICARE logo with the text "Su Plan Médico Militar". The main content area is titled "Mi Perfil" and includes a button "Escriba un Perfil". To the right of the "Mi Perfil" section is a large image showing a medical professional attending to a patient. Below the "Mi Perfil" section is a Google search bar with the text "Google Búsqueda personalizada" and a "IR" button. Below the search bar is a row of buttons: Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. Below this row is a section titled "¡Bienvenidos beneficiarios de TRICARE!" with a paragraph of text. Below the text is a section titled "Perfil - Paso 1" with a dropdown menu for "Seleccione su categoría de beneficiario:", a link "¿Necesita ayuda para seleccionar una categoría de beneficiario?", another dropdown menu for "Seleccione el país", and a "SUBMIT" button. To the right of the "Perfil - Paso 1" section is a section titled "Anuncios" with a link "Archivos". Below the "Anuncios" section is a large image of the "THAT GUY" logo with the text "WWW.THATGUY.COM". Below the image is a section titled "TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol".



TRICARE Online Web site

<https://www.tricareonline.com/welcome.do>

- TRICARE Online offers registered users the opportunity to schedule and view appointments, access general health information as well as information on available benefits and services



The screenshot shows the TRICARE Online website homepage. At the top is a banner with the TRICARE Online.com logo and a collage of images including a doctor and patient, a surgical team, and a woman in a hospital gown. Below the banner, the text reads: "Welcome to TRICARE Online", "TRICARE Online is a secure web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff.", and "Review the Security Disclaimer below for important information regarding the usage of this website. Clicking on the 'I Agree' button confirms your agreement to the terms outlined, and allows you to view pre-logon information for this site." A scrollable box titled "TRICARE Online Privacy and Security Policy" contains a list of links: Introduction, Privacy Act Warning, Security of Information, Family Members and Privacy, Registration and Login, The Use of Cookies, Password Protection, and Logging Out. At the bottom of this box are two buttons: "I Disagree" and "I Agree". To the right, under the heading "Contact Numbers", are the contact details for TRICARE North Region (HealthNet), TRICARE South Region (Humana), TRICARE West Region (TriWest), TRICARE Overseas (WPS), and TRICARE For Life, along with the DMDC Support Office.

TRICARE Online.com

Welcome to TRICARE Online

TRICARE Online is a secure web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff.

Review the Security Disclaimer below for important information regarding the usage of this website. Clicking on the "I Agree" button confirms your agreement to the terms outlined, and allows you to view pre-logon information for this site.

TRICARE Online Privacy and Security Policy

- » Introduction
- » Privacy Act Warning
- » Security of Information
- » Family Members and Privacy
- » Registration and Login
- » The Use of Cookies
- » Password Protection
- » Logging Out

Contact Numbers

TRICARE North Region
(HealthNet)
1-877-874-2273

TRICARE South Region
(Humana)
1-800-444-5445
1-800-403-3950

TRICARE West Region
(TriWest)
1-888-874-9378

TRICARE Overseas (WPS)
1-888-777-8343

TRICARE For Life
1-866-773-0404

DMDC Support Office



Military Health System Homepage

www.health.mil

- Health.mil is the official website of the Military Health System
- The Web site also contains a blogging feature that lets Military Health System staff and site visitors' users share thoughts, stories, and information with other blc



The screenshot shows the homepage of the Military Health System (MHS) website. At the top, there is a navigation bar with links: "About the MHS", "MHS Partners", "Healthcare In the MHS", "Education & Training", and "Research & Publications". A search bar is located on the right side of this bar. Below the navigation bar, the main content area is divided into several sections. On the left, there is a large image of volunteers packing care packages, with the headline "USO Gets a Big Hand From Little Helpers". Below this image, there is a brief description of the event and a "[Read More]" link. To the right of the image, there is a "Top Headlines" section with a list of news items, including "USNS Comfort Crew Brings Aid to Haiti", "Military Health System Launches Traveling Fellowship Program", "President Announces Joint Virtual Lifetime Electronic Record", "What's Your Drinking IQ?", "Military Child Month", "'Believe in Tomorrow' Gives an Air Force Family Hope", "Q&A with US Family Health Plan's Tracy Malone", and "Army's Top Nurse Named USO Woman of Year". On the far right, there is a "Latest Video" section featuring a video of a person in a red Elmo costume interacting with children. Below the video, there is a "Visit the Video & Audio Section" button. At the bottom of the page, there is a "Latest MHS Blog Entry" section with the title "Wednesday, April 15, 2009 Kids Who Care Talk About Military Moms and Dads" by Guest Blogger. The page also features a footer with two additional links: "Military Doctor Cites Need for Early Intervention of Autism" and "General Urges Service Members to Seek Help for Stress Disorder".

U.S. Department of Defense
Military Health System

In the News: sday, April 15, 2009 Veterans Affairs: VA Announces New Nursing Academy Sites AP: Retu

About the MHS | MHS Partners | Healthcare In the MHS | Education & Training | Research & Publications | search | go

Top Headlines

- USO Gets a Big Hand From Little Helpers
- USNS Comfort Crew Brings Aid to Haiti
- Military Health System Launches Traveling Fellowship Program
- President Announces Joint Virtual Lifetime Electronic Record
- What's Your Drinking IQ?
- Military Child Month
- 'Believe in Tomorrow' Gives an Air Force Family Hope
- Q&A with US Family Health Plan's Tracy Malone
- Army's Top Nurse Named USO Woman of Year

[Read More]

» Military Doctor Cites Need for Early Intervention of Autism

» General Urges Service Members to Seek Help for Stress Disorder

Latest Video

Visit the Video & Audio Section

Latest MHS Blog Entry

Wednesday, April 15, 2009
Kids Who Care Talk About Military Moms and Dads
By Guest Blogger



TRICARE Management Activity

<https://www.tricare.mil/tma/default.aspx>

- The TRICARE Management Activity webpage contains TRICARE information for users, world-wide staff, providers, contractors, and others

TRICARE

TMA Home About TMA Conferences TRICARE Contacts Transparency Feedback Site Map

Google Custom Search Search

TRICARE Management Activity A component of the Military Health System

Clinical Operations / Patient Care Communications and Customer Service TRICARE Acquisitions Financial Operations Information Systems Policy Rates and Reimbursement Studies and Evaluation

[Archives](#)

Announcements

Dear Major General Elder Granger,

I would like to express my deepest gratitude to you and all those involved in granting me the remarkable opportunity to provide my son the finest treatment available for Autism. Furthermore, my heartfelt appreciation goes to all those who made the application approval for the Exceptional Family Member Program an experience that far surpassed my every expectation. Hat's off to the Military Health System who continues to devote their time and superior efforts to pursue the well-being and healthy lifestyle of military families around the world.

Lastly, congratulations on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award. Well deserved. Keep up the outstanding work!

Very Respectfully,
TSgt USAF



Pressroom

<http://www.tricare.mil/pressroom/>

- The Pressroom is a resource for the latest MHS and TRICARE news and announcements



The screenshot shows the TRICARE Press Room website. At the top is a navigation bar with links: Press Room, About TMA, HealthBeat, Conferences, TRICARE Contacts, Transparency, and Feedback. Below this is the TRICARE logo and the text "U.S. Department of Defense MILITARY HEALTH SYSTEM". A date stamp reads "Updated April 9, 2009". A secondary navigation bar includes links for News, Press Kits, Multimedia Gallery, Resources, Subscriptions, and Media Queries, along with a Google Custom Search box. The main content area features a large banner with the text "Welcome to the Press Room" and a "TOP STORY" section titled "Not Another Lazy Afternoon at the Retirement Home". Below the banner are three columns: "Featured Stories" with an article on alcohol consumption, "Around the MHS" with a section on "The Doctor Is In" and "Alcohol Awareness Month and Screening", and "News Releases" with several dated announcements from 2009. A "Media Resources" link is at the bottom right of the page.

Press Room | About TMA | HealthBeat | Conferences | TRICARE Contacts | Transparency | Feedback

TRICARE | U.S. Department of Defense MILITARY HEALTH SYSTEM | Updated April 9, 2009

News | Press Kits | Multimedia Gallery | Resources | Subscriptions | Media Queries | Google™ Custom Search | search

Welcome to the Press Room

TOP STORY

Not Another Lazy Afternoon at the Retirement Home
Placed on historic rolling farmland with scenic views of the Nation's Capitol and monuments...
To read more click [here](#).

Featured Stories

A Glimpse at the Many Sides of Alcohol Consumption
A glass of wine with dinner or a champagne toast are nothing out of the ordinary. Social drinking is widely accepted, but also an opportunity for excessive alcohol use. Alcohol use and abuse has long been a concern of the Department of Defense (DoD).
To read more click [here](#).
[» Feature Story Archives](#)

Around the MHS

The Doctor Is In



Alcohol Awareness Month and Screening
Irresponsible and illegal alcohol use impairs the health, performance, and readiness of the U.S. Armed Forces. The 2005 DoD Survey on Health Related Behaviors showed that military members aged 18 to 25 were more likely to drink heavily than civilians in the

News Releases

4/7/2009 - Paying TRICARE Enrollment Fees Electronically is Easy

4/3/2009 - TRICARE Strips Down Price for Diabetic Supplies

4/1/2009 - TRICARE Launches New Web Page to Down Alcohol Abuse

[» News Release Archives](#)
[» TRICARE Contractor News](#)
[» DoD/VA Sharing Newsletters](#)

Media Resources



HealthBeat

www.tricare.mil/HealthBeat/

- HealthBeat is TRICARE's online beneficiary newsletter that features the latest TRICARE updates, links to news releases and links to articles about the MHS

HealthBeat Archives

2009

- ✦ April 2009
- ✦ March 2009
- ✦ February 2009

2008

- ✦ December 2008
- ✦ November 2008
- ✦ October 2008
- ✦ September 2008
- ✦ August 2008
- ✦ July 2008
- ✦ June 2008
- ✦ May 2008
- ✦ April 2008
- ✦ March 2008
- ✦ February 2008
- ✦ January 2008

2007

- ✦ December 2007
- ✦ November 2007
- ✦ October 2007
- ✦ September 2007



Health Beat E-Newsletter
April 2009

The latest TRICARE news, health and benefit information.

News Release

TRICARE Reserve Select Plays Vital Role in Continuity of Coverage for Reserve Components

New, lower rates will help provide continuity of coverage to Reserve Component members and their families. Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, and Chief of Army Reserves Lt. Gen. Jack Stultz discussed their thoughts on the evolution of TRICARE Reserve Select (TRS) during recent interviews.

<http://www.tricare.mil/pressroom/news.aspx?fid=516>

TRICARE Beneficiaries Have Access to DoD Self-Service Logon

The Department of Defense (DoD) family member account to access the Defense Enrollment Eligibility Reporting System (DEERS) has a new name and the Web site has a new look. It is now called "DS Logon." A DoD Self-Service Logon-or "DS Logon"-is a secure credential issued to uniformed service members, spouses, and other family members 18 and older who are eligible for benefits in the DEERS system. It allows access to secure DoD web applications.

<http://www.tricare.mil/pressroom/news.aspx?fid=513>



TRICARE Smart

www.tricare.mil/tricaresmart

- TRICARE Smart is the main source for viewing and ordering TRICARE products online for the Military Health System staff
- It is also a tool for the public to download or print products

TRICARE Smart



Select One of the TRICARE Smart Sites

WEST

TRICARE Products Online

To download, print, or view
TRICARE products click here.

-- Public Site --

Bulk Orders

To order TRICARE products in
bulk, click here.

-- For Registered POCs --

OVERSEAS

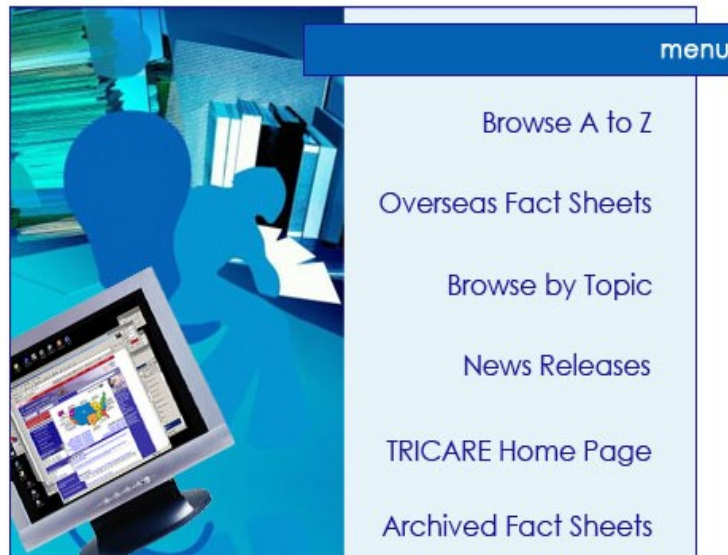


TRICARE Fact Sheets

<http://www.tricare.mil/factsheets/>

- The TRICARE Fact Sheets are designed for use by anyone who needs detailed information on particular TRICARE topics
- Beneficiaries should use the profile search engine to read and print out needed TRICARE information

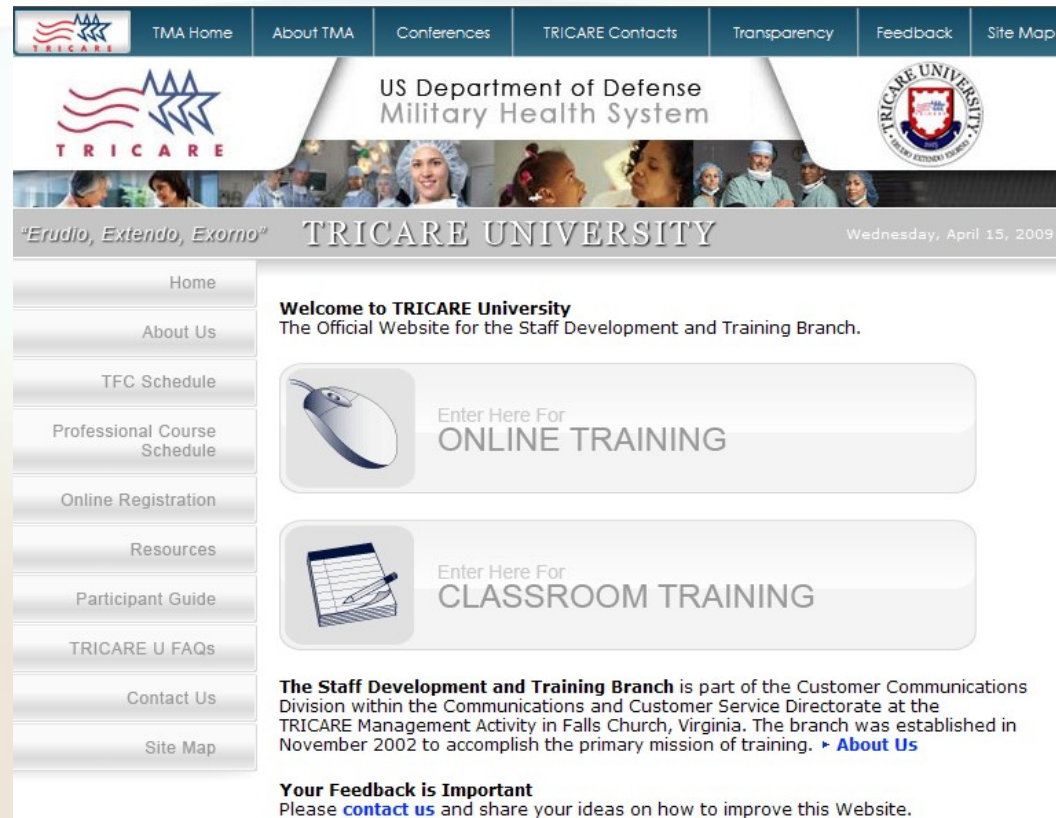
[Text Only Version](#) [Subscribe to Fact Sheets](#) [Unsubscribe to Fact Sheets](#) [RSS Sub:](#)



TRICARE University

<http://tricare.mil/tricareu>

- TRICARE University provides online and classroom training about the TRICARE benefit



The screenshot shows the TRICARE University website homepage. At the top is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a banner featuring the TRICARE logo, the text "US Department of Defense Military Health System", and the TRICARE University seal. A central banner reads "ERUDIO, EXTENDO, EXORSO" and "TRICARE UNIVERSITY" with the date "Wednesday, April 15, 2009". On the left is a vertical menu with links: Home, About Us, TFC Schedule, Professional Course Schedule, Online Registration, Resources, Participant Guide, TRICARE U FAQs, Contact Us, and Site Map. The main content area has two large buttons: "Enter Here For ONLINE TRAINING" (with a mouse icon) and "Enter Here For CLASSROOM TRAINING" (with a notepad icon). Below these is a paragraph about the Staff Development and Training Branch, followed by a "Your Feedback is Important" section with a link to "contact us".

TRICARE

US Department of Defense
Military Health System

TRICARE UNIVERSITY

"Erudio, Extendo, Exorso" TRICARE UNIVERSITY Wednesday, April 15, 2009

Home
About Us
TFC Schedule
Professional Course Schedule
Online Registration
Resources
Participant Guide
TRICARE U FAQs
Contact Us
Site Map

Welcome to TRICARE University
The Official Website for the Staff Development and Training Branch.

Enter Here For
ONLINE TRAINING

Enter Here For
CLASSROOM TRAINING

The Staff Development and Training Branch is part of the Customer Communications Division within the Communications and Customer Service Directorate at the TRICARE Management Activity in Falls Church, Virginia. The branch was established in November 2002 to accomplish the primary mission of training. ► [About Us](#)

Your Feedback is Important
Please [contact us](#) and share your ideas on how to improve this Website.



WPS' Online System for TRICARE Beneficiaries

www.TRICARE4u.com

- TRICARE4U.com is the Web site through which registered users can check the status of claims entered into the Wisconsin Physicians Service (WPS) system
- WPS is the claims processing contractor for the West region, Overseas regions, and TRICARE for Life claims

The screenshot shows the TRICARE4u.com website. At the top, there is a navigation bar with links for BENEFICIARIES, PROVIDERS, GOVERNMENT USERS, CONTACT US, and ABOUT US, along with a search bar. Below the navigation bar, a large banner image shows a group of people, including a man in a military uniform. To the right of the banner, there are three columns: BENEFICIARIES, PROVIDERS, and GOVERNMENT USERS, each with a small image. Below the banner, there is a section titled 'IN THE SPOTLIGHT' with a link to 'Online Health Encyclopedia' and a 'Login Help' link. Below this, there is a 'NEWS' section dated March 27, 2009, with a headline 'Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk Of Heart Attack And Stroke'. The text of the news article discusses a study by Falls Church, Va., suggesting that a common treatment for influenza may significantly decrease the risk of recurring cardiovascular (CV) events in patients with a history of CV disease. The treatment is oseltamivir, more commonly known under its trade name of Tamiflu. Below the news article, there is a link to 'View the full news release, please visit: http://www.tricare.mil/pressroom/news.aspx?fid=515' and a link to 'A Healthy Heart for a Healthy Life'. At the bottom left, there is a 'QUICK LINKS' section with links to 'TRICARE for Life Handbook', 'TRICARE for Life Flyer', 'Forms', 'Pharmacy', 'Pharmacy Overseas', and 'WPS Corporate Website'. To the right of the quick links, there is a 'SIGN IN OR REGISTER' section with links to 'Sign In' and 'Register', and a 'How to Register' link. At the bottom center, there is a logo for 'WPS ORGANize to SAVE LIVES'.



PGBA's Online System for TRICARE Beneficiaries

www.myTRICARE.com

- myTRICARE.com is the Web site through which registered users can check the status of claims entered in the Palmetto Government Benefits Administration (PGBA) system
- PGBA is the claims processing contractor for the North and South regions



Regional Contractor for the North Region

<https://www.hnfs.net/bene/home/>

[Beneficiary](#) [Provider](#) [Government Relations](#)



[Home](#) [Enrollment](#) [Claims](#) [Authorizations](#) [Benefits](#) [Healthy Living](#) [Behavioral Health](#)

[Login](#)  [Register](#)

[Search](#)

Popular Tasks

- [Find a Provider](#)
- [Find a MTF or TSC](#)
- [Make Payment On-line](#)
- [PCM Selection Guide](#)
- [Enroll In Prime](#)

[More >](#)

Popular Pages

- [Contact Us](#)
- [Enrollment Activities](#)
- [Forms Library](#)
- [TRICARE Plan Options](#)



National Guard and Reserve TRICARE Benefits Video Now Available Online
[Click here to watch the video](#)



TRICARE: In The Spotlight

Learn more about TRICARE national initiatives including program changes and areas of special interest.

[Behavioral Health Provider Locator and Appointment Assistance](#)

[TRICARE Reserve Select, Guard and Reserve Benefits and Guard and Reserve TRICARE Benefits Video](#)

[New Changes For PCM Assignments](#)

[Disney Offers Military Discounts At Theme](#)

TRICARE Resources

- [Acronyms](#)
- [Bill of Rights](#)
- [Common Medical Specialty Definitions](#)
- [Contact us](#)
- [Disaster resources](#)
- [FAQs](#)
- [Forms](#)
- [Glossary](#)
- [Manuals](#)
- [Military Treatment Facilities](#)
- [Pharmacy information](#)
- [Program links](#)
- [Program materials](#)
- [TRICARE Service Centers](#)



Regional Contractor for the South Region <http://www.humana-military.com/>



HUMANA MILITARY
HEALTHCARE SERVICES
★★★★★

The most trusted name in government health solutions.



Log in to MyHMHS For.....

- Beneficiaries ⓘ
- Providers ⓘ
- Government ⓘ

Beneficiary ⓘ

If you are a TRICARE beneficiary, including active duty, or want to learn more.

[Find a Provider ⓘ](#)

Provider ⓘ

If you are a doctor, provider, hospital, or facility.

[Find a Provider ⓘ](#)

Government ⓘ

If you are an MTF employee or member of the TRO South staff.

Newsroom/Alerts

- › Fleet Week 2009-Port Everglades
- › New Fisher House for Augusta GA
- › HMHS offers CME Courses
- › HMHS is URAC reaccredited
- › HMHS/USA Cares Golf Scramble

Our Partners

ValueOptions
PGBA, LLC



Puerto Rico ⓘ
For active duty and Prime active duty family members in Puerto Rico.
[en español ⓘ](#)



CHCBP ⓘ
Health benefits while transitioning from military to civilian health plans.



ACCREDITED



reviewed by
TRUSTe
site privacy statement

Payments
[TRICARE.mil ⓘ](#)
[Email Preference](#)

Careers
[TRO South ⓘ](#)
[HMHS Awards](#)



TRICARE
South



TRICARE



TRICARE UNIVERSITY
ERUDO EXTENDO EXORSU
2005

Regional Contractor for the West Region <https://www.triwest.com>

The screenshot shows the homepage of the TriWest Healthcare Alliance website for the TRICARE West Region. The header features the TriWest Healthcare Alliance logo on the left and the TRICARE West logo on the right. A large American flag graphic is in the background. A central white box contains a 'Welcome TO THE TRICARE WEST REGION' message, stating that TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region, with a 'More»' link. Below this is a navigation bar with 'LOGIN', 'FIND A PROVIDER', and 'ABOUT TRIWEST' links. The main content area is titled 'PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE' and features three columns: 'Beneficiary' with a photo of a soldier and his family, 'Provider' with a photo of two healthcare professionals, and 'Government' with a photo of a woman. To the right of these columns is a 'SUPPORTING OUR COMMUNITY' section with a yellow ribbon icon and a list of news items: '4/14/2009 TRICARE Helps Families Face Autism', '4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium', and '4/13/2009 TriWest Earns Contact Center Certification', followed by a 'MORE NEWS >' link. The footer contains a 'Certified Contact Center' seal, a navigation bar with 'About TriWest', 'Employment', 'Contact Us', 'Site Map', and 'News Room', a copyright notice for 2009, and accreditation logos for UHC and the Accredited UM, CM, DM Health Network.

TRIWEST
HEALTHCARE ALLIANCE®

TRICARE
West

Welcome
TO THE TRICARE WEST REGION

TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)

LOGIN | FIND A PROVIDER | ABOUT TRIWEST

PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE

Beneficiary

Provider

Government

SUPPORTING OUR COMMUNITY

- 4/14/2009 TRICARE Helps Families Face Autism
- 4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium
- 4/13/2009 TriWest Earns Contact Center Certification

[MORE NEWS >](#)

About TriWest | Employment | Contact Us | Site Map | News Room

Terms and Conditions | Privacy Policy | [TRICARE.mil](#)

Copyright 2009 © - TriWest Healthcare Alliance

UHC
ACCREDITED
UM, CM, DM
HEALTH NETWORK



TRICARE Area Office: Eurasia-Africa

<http://www.tricare.mil/tma/EurasiaAfrica/>



TRICARE Eurasia-Africa

[Español](#)

[TMA Home](#) > [TRICARE Europe Home](#)

Training & Conferences



TGRO Remote POC Information



Preferred Provider Network



MTF Information Portal



Senior Enlisted Liaison



TRICARE Eurasia-Africa Area

Welcome to the TRICARE Area Office-Eurasia-Africa (TAO-EA) Website! This site is designed for TAO staff members, military treatment facility (MTF) staff members, customer service representatives, providers and others who assist TRICARE beneficiaries in the TRICARE Eurasia-Africa Area.

If you are a TRICARE beneficiary and want to learn more about your benefits and coverage, please visit the [TRICARE Beneficiary Website](#) or contact the TAO-EA (see below).

TRICARE Area Office-Eurasia-Africa

The TAO-EA, in collaboration with MTF commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Eurasia-Africa Area which is comprised of the European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics including the Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.

Location:	Sembach, Germany
Address:	TRICARE Area Office TRICARE Eurasia-Africa Unit 10310 APO AE 09136-0130
Phone:	888-777-8343 option 1
DSN:	496-6314

TRICARE TRICARE Eurasia-Africa Area Information

TOPIC OF THE MONTH

TRICARE SERVICE CENTERS (Eurasia-Africa)

NURSE ADVICE LINE

TRICARE EURASIA-AFRICA MARKETING

FACT SHEETS

FORMS AND DOWNLOADS

CLAIMS ADDRESSES

RELATED LINKS

HOT NEWS!

TRICARE is proud to announce the [TRICARE Spotlight](#) page to recognize awards, promotions and good news across the MHS.

[Previous](#) | [Next](#)

Quick Links

U.S. EMBASSIES

TRICARE BENEFICIARY WEB SITE

MANUALS


FREQUENTLY ASKED QUESTIONS


MTF LOCATOR



TRICARE Area Office: Pacific


<http://www.tricare.mil/pacific>


TMA HomeAbout TMAConferencesTRICARE ContactsTransparencyFeedbackSite Map


TRICARE Pacific


[Español](#)

[TMA Home](#) > [TRICARE Pacific Home](#)

I'm New to TRICARE

My TRICARE Benefit

How Do I Get Care?

How Do I Get Help?

TRICARE Pacific Area

TRICARE Area Office (TAO) Pacific

TAO Pacific, in collaboration with military treatment facility commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Pacific area which is comprised of Guam, Japan, Korea, and Western Pacific Remote.

Location:	Okinawa, Japan (Camp Lester)
Phone:	1-888-777-8343 option 4 (if calling from the United States)
DSN:	DSN (315) 643-2036
COM direct:	81-6117-43-2036 (country code: 011)
Fax:	315-643-2037
Email:	tpao.csc@med.navy.mil

Hot News!

Training Opportunity!

TAO-P TRICARE Fundamentals Course
Location: New Sanno, Tokyo, Japan
When: June 1-5, 2009
Call directly (ALT 20 Apr 09) to the New Sanno hotel for room

TRICARE Pacific Area Information


- [PHILIPPINES CERTIFIED PROVIDER LIST](#)
- [SENIOR ENLISTED ADVISOR \(SEA\)](#)
- [TRICARE SERVICE CENTERS \(PACIFIC\)](#)
- [FIND A PROVIDER](#)
- [TRICARE PACIFIC CLAIMS](#)
- [TRICARE PACIFIC CONTACTS](#)
- [2009 TRICARE PACIFIC MTF FUNDAMENTALS COURSE \(NEW SANNO\)](#)
- [2009 TRICARE PACIFIC REMOTE FUNDAMENTALS COURSE \(SOKAH ANGKOR\)](#)


Quick Links

- [TRICARE BENEFICIARY WEB SITE](#)
- [FIND A MILITARY TREATMENT FACILITY](#)
- [NATIONAL GUARD AND RESERVE MEMBERS](#)
- [MEDICARE ELIGIBILITY](#)



TRICARE Area Office: Latin America and Canada <http://www.tricare.mil/tlac>


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TRICARE Latin America & Canada

Beneficiary Jump To: ▼

I'm New to TRICARE



My TRICARE Benefit




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What's New

TRICARE Latin America and Canada

The TRICARE Overseas Program (TOP) is the Department of Defense health care program outside the Continental United States (CONUS). TOP blends many features of the CONUS TRICARE program, while allowing for significant cultural differences unique to foreign countries and their health care practices. Such issues as managed care.

**Locate MTF Providers**

TLAC Area Information

[TRICARE AREA OFFICE](#)

[TRICARE SERVICE CENTERS \(LATIN AMERICA & CANADA\)](#)

[FIND A PROVIDER](#)

[MILITARY TREATMENT FACILITIES](#)



You've Completed

Module 14: TRICARE Online Resources

You should now be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information

